

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization International Bureau



(43) International Publication Date
17 February 2005 (17.02.2005)

PCT

(10) International Publication Number
WO 2005/015253 A1

(51) International Patent Classification⁷: G01R 33/46

(21) International Application Number:
PCT/GB2004/002966

(22) International Filing Date: 8 July 2004 (08.07.2004)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
0317600.5 28 July 2003 (28.07.2003) GB
0329692.8 22 December 2003 (22.12.2003) GB

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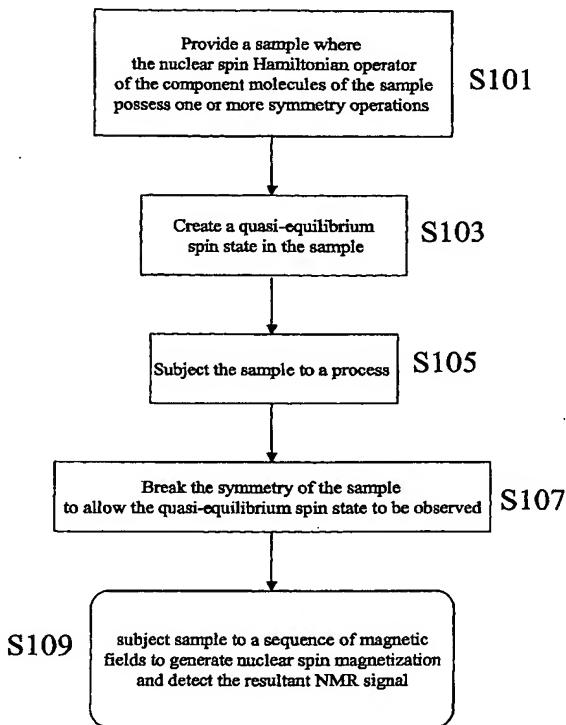
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(81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD,

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(54) Title: NMR SPECTROSCOPY USING SPIN STATES WITH LONG LIFETIMES



(57) Abstract: An NMR method, the method comprising: providing a sample where the nuclear spin Hamiltonian operator of the component molecules of the sample possesses one or more symmetry operations; creating a quasi equilibrium nuclear spin ensemble state in a sample, said quasi equilibrium nuclear spin ensemble state comprising at least two manifolds of spin states which transform differently under said symmetry operations of said Hamiltonian and said manifolds having different mean nuclear spin populations; allowing said quasi equilibrium nuclear spin ensemble state to remain for a time of equal to or substantially greater than $3T_1$, where T_1 is the spin lattice relaxation time; breaking the symmetry operation of said Hamiltonian; applying a sequence of magnetic fields to generate a nuclear magnetic resonance signal from said sample; and detecting said nuclear magnetic resonance signal.

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MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:

— with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(84) **Designated States** (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,